

# South Carolina WIC Food Guide

Women, Infants and Children (WIC)



May 1, 2009 - Sept. 30, 2009



[www.scdhec.gov](http://www.scdhec.gov)

*We promote and protect the health  
of the public and the environment.*

## S.C. WIC-Approved Dairy and Protein Products

**Milk (gallons only - unless other size is stated - fresh and nonfat dry milk):**

- Lowest Price Only

**Not allowed:** chocolate milk, filled milk, soy milk, goat's milk, organic milk, sweetened condensed milk

**Cheese (16 ounce or 1 pound) package only:**

Any brand of the following:  
Block style cheese or sliced cheese  
(may be individually wrapped)

- American
- Cheddar
- Colby
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

*Note: Reduced fat, low fat,  
low cholesterol, low sodium are allowed*

**Not allowed:** cheese food, cheese spread, cheese from the store's deli department, string cheese, shredded cheese, cheese crumbles, cheese products and specialty cheese (e.g., with added flavorings such as wines, spices, peppers, nuts), cubed cheese, cheese sticks, cracker cuts or organic cheeses

**Eggs: Any brand grade A medium or large, white only.**

**Not allowed:** specialty eggs, organic eggs, liquid eggs and brown eggs

**Dried Peas, Beans, Lentils (1-pound bag):**

Any brand, unflavored single variety.  
If specified: 16-ounce canned mature, plain: beans, peas or "baked beans."

**Not allowed:** boxes, frozen or canned green beans, snap beans, yellow beans, wax beans, sweet peas or organic beans/peas or lentils.

**Peanut Butter (18 ounce jar only):**

Any brand, smooth only; reduced-fat peanut butter allowed.

**Not allowed:** added items such as jelly, chunky peanut butter or peanut butter spread, or organic peanut butter.

**Breastfeeding Women Only:**

Tuna or Pink Salmon (if specified):  
Any brand canned tuna or pink salmon; light, dark or blended; chunk, grated, flakes or solid pack; water or oil packed; 5 oz canned tuna or 6 oz canned pink salmon.

**Not allowed:** resealable packages, albacore (white tuna), organic tuna, red salmon, added sauces or flavorings.

## Infants

**Formula:**

Only what is listed on the food check

**Infant Cereal:**

**(8 ounces or 16 ounces)**

Beechnut, Nature's Goodness and Gerber brands only

**Not allowed:** added fruit or formula, organic, canister cereals with DHA.

**Infant Fruits and Vegetables:**

**(4 ounce jars only)**

Any variety of single ingredient infant fruit and vegetables

**Not allowed:** combinations (i.e. bananas and strawberries, garden vegetables, etc., added sugar, salt, starch, or sodium, organic infant food)

**Infant Meat:**

**(2.5 ounce jars only)**

Any variety of infant meat or poultry, with added broth or gravy.

**Not allowed:** combinations (i.e., meat and vegetable, or spaghetti, etc.), added sugars, or salt

## S.C. WIC-Approved Juices

*All juices must be unsweetened and 100 percent juice. Only the juices listed below are allowed.*

**64-Ounce Plastic Container**

- Campbell's Tomato Juice and Low Sodium Tomato Juice
- Campbell's V-8 100 percent Vegetable Juice and Low Sodium V-8
- Nestlé Juicy Juice (any variety)
- Northland Cranberry Blends (no sugar added)
- Seneca Juice: Apple and Grape
- Welch's Juice: White and Purple Grape
- White House Apple Juice

**11.5-12-Ounce Frozen Can**

- Any brand juice: orange, grapefruit and pink grapefruit
- Dole Pineapple Juice
- Seneca Juice: Apple and Grape
- Welch's Juice: White Grape Pear, White Grape Peach, White Grape Raspberry, White Grape, Purple Grape and White Grape Cranberry

## Not Allowed

- Fruit "punch"
- Fruit "drinks"
- "Infant" or "baby" juice
- Calcium-fortified juice
- Juice "cocktails"
- Glass bottles
- Organic juice
- Sugar added
- Sports drinks (e.g., Gatorade)

## S.C. WIC-Approved Breakfast

### National Brand Cereals

#### Kellogg's:

- Corn Flakes - 12, 18, 24 or 36 ounces
- Crispix - 12 ounces
- Frosted Mini-Wheats, Bite-Size - 18 or 24 ounces
- Rice Krispies - 12 or 18 ounces
- Special K - 12 or 18 ounces

#### General Mills:

- Cheerios (plain only) - 18 or 36 ounces
- Kaboom - 9 ounces
- Kix (plain only) - 12 ounces
- Multi-Grain Cheerios – 9 ounces

#### Post:

- Grape Nuts Flakes – 18 ounces
- Honey Bunches of Oats (Vanilla Clusters) – 18 ounces

#### Quaker:

- King Vitaman – 12 ounces
- Oatmeal Squares (Cinnamon) - 24 ounces
- Oatmeal Squares (Brown Sugar) - 24 ounces

### Store Brand Cereals

#### Any store brand of the following:

- Corn Flakes – 18 ounces

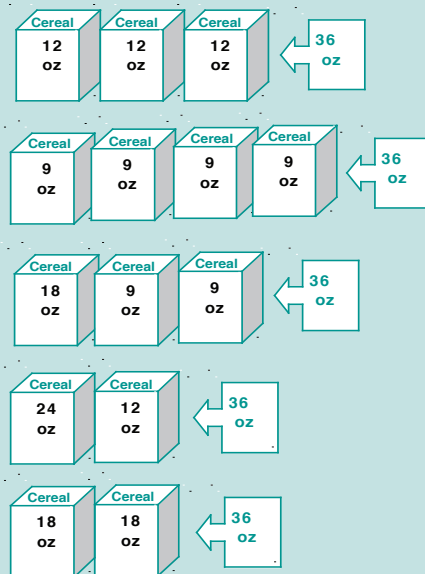
## B&G Food (Formerly known as Nabisco) Nabisco:

- Instant Cream of Wheat (original flavor) -12 ounces
- Cream of Wheat Whole Grain (original flavor) -18 ounces

## Quaker:

- Instant Grits (original flavor) - 12, 18, or 36 ounces

### Helpful Hints! Ways to get your 36 ounces of cereal



## S.C. WIC-Approved Whole Wheat Bread

*1 pound (16 oz) package only*

*Good Source of Fiber and B Vitamins*

Choose from the following varieties:

- Pepperidge Farm Stone Ground 100% Whole Wheat
- Nature's Own 100% Whole Grain Sugar Free
- Weight Watchers Multi-Grain
- Pepperidge Farm Very Thin Soft 100% Whole Wheat
- Pepperidge Farm Light Style Bread Soft Wheat

## S.C. WIC-Approved Other Whole Grains

*(16-ounce package only)*

*Good Source of Fiber and B Vitamins*

Any variety of instant, quick or regular cooking

### Brown Rice

1 pound (16 oz) package only

### Whole Wheat Tortillas

1 pound (16 oz) package only

#### Not Allowed

White Rice or White or Flour Tortillas

**The South Carolina WIC Program  
is an equal opportunity provider.**

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## S.C. WIC-Approved Fresh and/or Frozen Fruits and Vegetables

*Any variety of fresh or frozen whole  
or cut fruits and vegetables.  
(Organic allowed)*

### Not Allowed

- |  |  |
|--|--|
| • White potatoes                           | • Herbs or spices                              |
| • Fruit baskets                            | • Added sauces, creamed, or breaded vegetables |
| • Painted pumpkins                         | • Salad kits with added dressing, etc          |
| • Fruit or vegetable trays                 | • Added sugar                                  |
| • Canned or dried fruits and/or vegetables |  |
| • Jar containers                           |  |
| • Fruit cups                               |  |

### Helpful Hints!

**If you choose fresh vegetables or fruits priced by the pound, complete the following steps:**

- Place the item on the grocery scale
- Round the weight up to the nearest pound or half pound
- Estimate the cost of the item based on the weight.

**Not to exceed the total amount of  
ounces specified on the WIC check.  
May be less, if desired.  
Only cereals listed are allowed.**